

Thank You!

We appreciate your attendance at the 2024 AASP South Central Regional Conference! This conference is designed to give students and professionals in sport and exercise psychology and related fields the opportunity to network and present current research. The conference also serves as an opportunity to strengthen communication in the region and to build a strong South-Central community of Sport Psychology professionals.

This conference is hosted by the UNT Center for Sport Psychology and Athlete Mental Health and co-sponsored by the UNT Departments of Psychology and Kinesiology, Health Promotion, and Recreation.

Contact Us

If you have any questions or comments about the conference, please feel free to contact us at:

sportpsych@unt.edu

Additionally, if you would like a copy of the presentation abstracts, please contact us at the above email and we can provide an electronic copy.

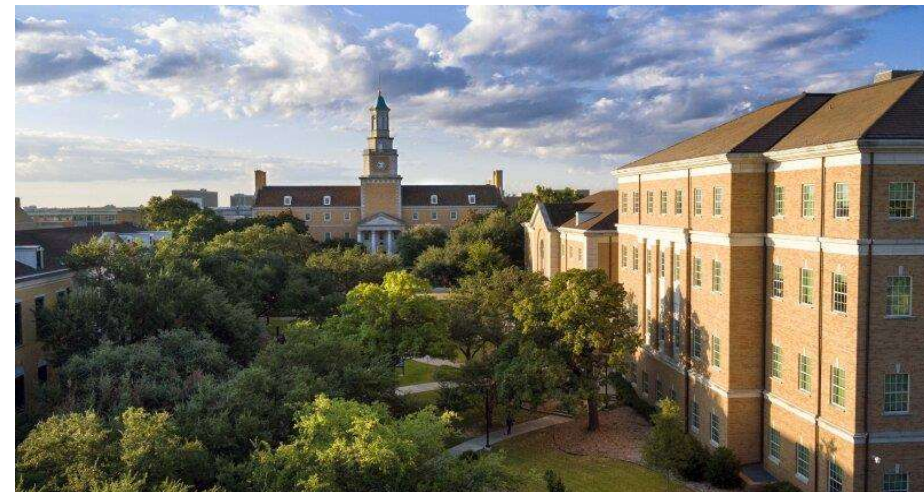


UNIVERSITY OF NORTH TEXAS CENTER FOR SPORT
PSYCHOLOGY AND ATHLETE MENTAL HEALTH

<https://sportpsycho.unt.edu>

940) 369-7767

2024 AASP SOUTH CENTRAL REGIONAL CONFERENCE



APRIL 5TH & 6TH, 2024

HOSTED BY UNIVERSITY OF NORTH TEXAS CENTER FOR
SPORT PSYCHOLOGY AND ATHLETE MENTAL HEALTH

CONFERENCE SCHEDULE

FRIDAY, APRIL 5TH

- 4 PM Check in & On-site Registration
- 5 PM Welcome by Center Director
- 5:15 PM **Keynote Address:** *Marcia Faustin, MD*
- 6:15 PM Break
- 6:20 PM **Student Presentations**
The Effects of Virtual Reality During a Rowing Task
S. E. Junkersfield, M.S. & R. Trocchio, PhD
- College Athletes Interest in Seeking Help from Various Sport Professionals*
S. K. Madson, S.S. Dardaman, K. Ford, S. B. Martin
- 7:15 PM **Conference Social**

SOCIAL AT MISS ANGELINE'S!

We will be hosting a social immediately following the conclusion of the Friday conference events. This is an opportunity to grab some dinner, connect with other conference attendees, and experience a little piece of Denton, TX!

All conference attendees are welcome to attend, and while the focus is on creating a space for attendees to connect, you are welcome to bring a guest, if desired!

125 E Oak St, Denton, TX 76201

SATURDAY, APRIL 6TH

- 8 AM Check in, On Site Registration, Light Breakfast
- 8:30 AM **Welcome & Keynote Address:** *Bryan Kegans, MS*
- 9:30 AM Break
- 9:45 AM **Panel Discussion with Sport Psychology Professionals**
Ellicia Money, M.S., LPC-S
Robyn Trocchio, PhD, CMPC,
Trent Petrie PhD, CMPC-Emeritus
- 11 AM Break
- 11:10 AM **Student Presentations**
The Effects of a Four-Week Technology-Delivered Mindfulness Intervention During a Rowing Task
R. Gay, S. Junkersfield M.S. & R. Trocchio PhD
- A Systematic Review with Meta-Analysis of the Motivational Climate and Hedonic Well-Being Constructs: The Importance of Athlete Level*
C. Sisneros
- Social Goal Orientation Among Female Collegiate Soccer Players: The Role of Motivational Climate and Team Dynamics*
A. A. Cedefors & A. C. Reichter, PhD
- 12:10 PM **Group Photo & Lunch**
- 1:15 PM **Student Presentations**
How Twin Relationships Affect Self-Determined Motivation in Sport
Nicholas A. Tibi & Jordan A. Blazo
- University Musicians' Experiences with Performance Anxiety From a Phenomenological Approach*
O. McIntyre, L. Salem, K. McShan PhD
- Perceptions of Ill-Fitting Turnout Gear of Female Firefighters*
S.S. Dardaman, K. Chen, M. McQuerry, J. M. Yentes & S.B. Martin

(cont. on following page)

(cont.)

2:15 PM

Break

2:30 PM

Student Presentations

Sleep and Mental Health of College Student Athletes
Lenecia Nickell LPCC-S (OH), LPC-S (TX & LA), NCC

Exercise Behaviors in Adult Video Game Players: A Pilot Study
H. Scoggins & R. Trocchio, PhD

Influence of Attention-Deficit/Hyperactivity Disorder on
Collegiate Athlete Experiences in Sport: A Qualitative Study
J. R. Brown & A. C. Parks

3:30 PM

Break

3:40 PM

Student Presentations

The Effect of Punching out Parkinson's Exercise Program on
Balance Confidence and Physical Activity Levels in Persons
with Parkinson's Disease
*M. Shipsey, C. Watts PhD, A. King PhD, J. Carr PhD,
Z. Thijis PhD & R. Porter PhD*

Voluntary vs. Academic Credit Participation in College Student's
Exercise Motivation, Self-Esteem, Body Image, and Stress
Management
A. Twist, A. C. Reichter PhD & J. Blazo PhD

4:20 PM

Closing

KEYNOTE SPEAKERS

Marcia Faustin, MD

Head Team Physician for USA Gymnastics Women's National Team; Family & Sports Medicine Physician at UC Davis Health

Dr. Marcy Faustin is a Family and Sports Medicine Assistant Clinical Faculty Physician at the University of California, Davis, under both the Department of Physical Medicine & Rehabilitation and the Department of Family & Community Medicine. She serves as the Associate Team Physician for UC Davis, Division I Intercollegiate Athletes, Head Team Physician for USA Gymnastics Women's National Team, Team Physician for the Sacramento Republic FC Professional Soccer team, and multiple Sacramento-area Junior Colleges.

While Dr. Faustin, cares for patients of all ages within the realm of Family and Sports Medicine, she has a particular interest both clinically and in the research realm of mental health, Female/Male Athlete Triad & Relative Energy Deficiency in Sport and adolescent medicine. She also enjoys teaching and mentorship of medical students, residents, and primary care sports fellows. The Keynote presentation will focus on a physician's perspective on mental health in working with diverse populations of professional elite and college athletes during the COVID period.

Bryan Kegans, MS

Director of Strength and Conditioning for UNT Athletics

Bryan Kegans joined the UNT staff as Director of Strength and Conditioning in December 2022. In that role, he serves as the lead strength and conditioning coach for the UNT Football program while overseeing the rest of UNT's strength and condition staff that works with Mean Green's other athletics programs. Kegans came to UNT following one year as associate director of football sports performance at USC. He has spent the previous four seasons at Oklahoma, where he was assistant director of sports performance and director of sports science. In his time in Norman, the Sooners won three Big 12 titles and made two appearances in the College Football Playoff. He was an offensive lineman at Texas Tech from 2002-05 and earned his degree in 2005.

Kegans holds certifications from NSCA (strength and conditioning specialist), USAW (sports performance specialist), and NASM (performance enhancement specialist, corrective exercise specialist, and functional movement specialist). The keynote presentation emphasizes a physician's perspective on mental health in working with diverse populations of professional elite and college athletes during the COVID period.

DISCUSSION PANELISTS

Ellicia Money, LPC-S, NCC

Ellicia Money is a Licensed Professional Counselor-Supervisor, and a National Certified Counselor. She earned her Bachelor's degree in Psychology from Langston University and her Master's degree in Community Counseling from Texas Woman's University, and is currently pursuing her Ed.D at Southern Methodist University. With a diverse background, Ellicia has amassed extensive experience in various areas of mental health. Over the years, she has been dedicated to addressing issues related to domestic violence, crisis intervention, campus threat assessment, sexual assault advocacy, and supporting student-athletes. In her roles within higher education counseling centers, she has specialized in assisting students dealing with a wide range of mental health challenges, including depression, anxiety, perfectionism, and fostering healthy relationships. Currently, she serves as the Assistant Director of Athletic Mental Health at Southern Methodist University. Outside of her professional endeavors, Ellicia is a member of Delta Sigma Theta Sorority, Inc., and dedicates time to volunteering and giving back to her community.

Robyn Trocchio, PhD, CMPC

Dr. Robyn Trocchio is an associate professor of kinesiology and the director of the sport and exercise psychology lab at Texas Christian University. She also serves as the co-graduate director. Dr. Trocchio's research focuses on enhancing human performance and the impact of technology from a psychophysiological perspective within sport and exercise. Prior to coming to TCU, she was an assistant professor at the University of Texas -- Permian Basin. Dr. Trocchio is a Certified Mental Performance Consultant (CMPC®) and approved mentor through the Association for Applied Sport Psychology. As the co-founder of Trocchio Training, she provides mental performance training for athletes and exercisers of all ages. She received her PhD in Educational Psychology with an emphasis in Sport and Exercise Psychology from Florida State University, an MS in Sport and Exercise Psychology from Barry University, and a BS in Psychology from the University of Florida.

Trent Petrie, PhD, CMPC-Emeritus

Dr. Petrie is a Professor of Psychology and the Director of the UNT Center for Sport Psychology and Athlete Mental Health. He has been working as a sport psychologist for over 35 years, consulting with athletes, teams, and sport organizations at all competitive levels. Dr. Petrie is a licensed psychologist in Texas and holds the CMPC-Emeritus from AASP. He is a Fellow in both the Association for Applied Sport Psychology and the American Psychological Association (Division 47). He is a former President of Division 47 (Sport and Exercise Psychology) of the American Psychological Association.

